



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release ON RECEIPT

As applied to seafoods, the "South American way" would come up with several new and unusual recipes involving species you probably never heard of: congrio, for instance, corvina, bacalao, roballo, pejerreyes, and machete.

Take the word for it, of R. H. Fiedler, Chief, Division of Fishery Industries, Fish and Wildlife Service, United States Department of the Interior. Recently returned from a special mission to Peru, whither he was detailed for study by the President, Fiedler says:

"The people of this South American republic are very fond of fish, and have many appetizing methods for cooking them. In fact, some Peruvian cooks guard their culinary secrets so carefully that it is sometimes difficult to find them out."

One "secret", however, which he describes as "exciting and different", when told up in dish form, runs as follows:

Seviche de Corvina

Of all the kinds of seviche, this is the most appetizing; it is likewise the most nutritive and easiest to digest.

The corvina is scaled and the head removed; the body is then opened and cleaned, and it is washed in several waters. Afterwards it is cut into small pieces which are placed on a dish and the water drained off. Now, cut a few onions into thin slices and put them on top of the fish, add finely ground salt and the juice of a sour orange in which a little Chili pepper has been

dissolved. Lastly, two or three green Chili peppers are cut in slices and placed around the dish. The fish requires four hours more or less to become well saturated with the acid.

Raw fish, yes: but "try it and be delightfully surprised", says Fiedler. Incidentally, shrimp, scallops, and clams lend themselves equally well to this dish, for which North Americans may substitute striped (or rock) bass, for the corvina.

Fillets of flounder, or sole, form the basis for Lenguado al Horno, Arrollado, another Peruvian favorite fish recipe, like this:

Wash fillets of sole or flounder, then drain. Roll each fillet in flour seasoned with salt and white pepper. Then roll each fillet, and either tie with string or skewer with a toothpick. Place in a baking dish on well buttered oiled paper, cover with a second sheet of oiled paper, and bake in a hot oven for 20 minutes.

Make a fish stock by boiling fish bones and scraps of flesh or, if this is not available, boil a fillet in a small quantity of water. Mix butter and flour, as for a Bechamel sauce, then add sufficient of the strained fish stock to make a thin sauce. Heat very hot, pour over the baked fillets and serve.

With egg sauce and rice, the corvina (you use the bass) chums up and provides these respective dishes:

Corvina Asada con Salsa de Huevo
(Baked Corvina with Egg Sauce)

Cut the fish into serving portions and put in a baking dish. Place a piece of raw onion or carrot on each portion. Squeeze the juice of one lemon over the fish, then add salt and pepper to taste. Pour over the portions 1/2 cup of olive oil. Place in oven and bake. Add the yolks of two eggs. Stir slowly over the fire until sauce thickens. Serve hot with fish.

Arroz con Pescado
(Fish with Rice)

Although any kind of fish may be used in this preparation, the corvina is generally used—especially the head.

One starts by making a stew, with rice which has been washed carefully. Put a few cloves of garlic, well ground, in the same pot in which the rice is to be cooked, then pour in a quantity of water double that of the rice, and add a little salt. When the water boils, taste the liquid which should be a little

salty; if not, more salt will have to be added. The washed rice is put into this water and when it starts boiling again, the fire is moderated. Take off stove as soon as the water is consumed, putting in some lard without stirring it, as well as one or two Chili peppers dried and toasted.

The rice is choicest when it is less broken up and the pot is well covered.

As sometimes happens with those unaccustomed to making this dish, the rice starts to burn at the bottom, if it does, a knife blade may be put in the centre, and in the hole that it leaves place a stem or onion, by which the unpleasant smell will disappear. Now take the pot off the fire and put to one side, uncovered.

When the water in which the rice is has boiled, put in the fish. Sometimes green peas which have been previously stewed are put in with the rice and fish.

Further information relates to Chupe Limeno (a thick soup), Bacalao en Vinagre (Codfish in Vinegar), Camarones en Picante (Shrimps with Chili Sauce), Jalea (Fish Jelly), Tortilla de Camarones (Shrimp Omelette), etc.

Other Peruvian recipes wherein some exotic South American fish provide the foreground, have been put up in a handy little mimeographed leaflet called Special Memorandum 3220-E. You might inquire about it from the Publications Office, Fish and Wildlife Service, United States Department of the Interior, Washington, D. C.